

Minutes

FREMONT SENIOR CITIZENS COMMISSION

REGULAR MEETING

Friday, April 18, 2014

9:30 – 11:00 am

Fremont Senior Center – Wing A

40086 Paseo Padre Parkway

Fremont CA 94538

1. CALL TO ORDER

The meeting was called to order by Commissioner Churchill at 9:30 am

2. ROLL CALL

Present: Commissioners Berndt, Chugh, Churchill, Hobbs, Helton, Kimberlin, Rhodes-Jones, Vaidya & Walsh

Absent: Commissioners Ashok & Thomas

Excused: Commissioners Creveling & Mirchandani

3. SALUTE TO THE FLAG

Commissioner Churchill led the salute to the flag.

4. APPROVAL OF MINUTES of the Regular Meeting of March 21, 2014 and

- Commissioner Rhodes moved that the minutes from the March 21, 2014 accepted as presented. Commissioner Hobbs seconded the motion.

M/S/P

5. ORAL COMMUNICATIONS

None

6. WRITTEN COMMUNICATIONS

- Alameda County Area Agency on Aging
Area Plan Update 2014-2015

OLD BUSINESS

7.1 Action Area Addition – Veteran Information – Commissioner Creveling.

- Commissioner Hobbs made a motion to table this business item to the May meeting when Commissioner Creveling can be there to present the proposal. Commissioner Walsh seconded the motion.

M/S/P

7. NEW BUSINESS

8.1 Builders Fund – Sue TenEyck, Builders Fund Treasurer

- Sue TenEyck shared information on the background of the Builders Fund. How and why it was formed and the different ways it has helped the Senior Center over the years. She concentrated especially on the last year by giving the Commissioners a list and cost of items that were purchased for the center by the Builders Fund.
- Following her presentation, Sue asked the Commissioners to support the Builders Fund by becoming a member. She reminded them that their donation would be tax deductible.

Handout: Builders Fund Brochure and Application.

8.2 Mental Health Panel – Ihande Weber, Human Service Mobile Mental Health

- The panel introduced themselves. There were staff from the City of Fremont Mobile Mental Health Team and the FERC center.
- Ihande reviewed the most common issues in older adults – anxiety & depression. She shared what leads to anxiety in seniors and what can be done to possibly prevent it.
- Medications were discussed and also how important that a full medical check-up is important to do prior to starting treatment to be sure there is not a medical problem causing the anxiety/depression.
- The panel shared how to get in touch with the different programs (Senior HelpLine). Senior Mobile Mental Health (age 60+),

- FERC (which has no age limit).
- Ihande shared some additional information on Senior Mobile Mental Health Program as well as the Senior HelpLine and all the support that can be provided through that phone line.
- Michele discussed FERC and how they give the family/friends skills are dealing with a loved one with mental illness.
- The presentation of the panel was followed with Q & A.

8. COMMISSION REPORTS

9.1 Health Issues – Commissioner Helton

- Pat asked if anyone had heard of the United Neighborhood Outreach – A group to assist Senior Citizens. Pat heard about them for the first time at the City Council Meeting.
- Pat shared information she had concerning Rheumatoid Arthritis and how research is showing that it may harm kidneys. They are not sure why this is happening but are continue to research this effect.
- Pat shared that if you have Osteoarthritis in the knees that drinking milk can help woman. It has to be milk and this has been shown to have no effect on men.

9.2 Senior Legislation – Commissioner Thomas No Report

9.3 Tri-City Elder Coalition – Commissioner Desai Karen Grimsich announced that the Senior Expo is on June 6.

9.4 ParaTransit – Commissioner Creveling No Report

9. COMMISSION REFERRALS

None

10. STAFF REPORTS

11.1 Aging & Family Services – Karen Grimsich, Aging & Family Services Administrator

- Leticia Leyva will be returning to the address the Commission about the Social Services mid-year grant reviews that many Comissioners

- participated in. Lynn shared that this is already set-up to occur at the May meeting.
- Karen shared that the City Manager's Office would like to do a presentation on the downtown renovation. Lynn shared that she is working with that office on setting this presentation up for either the May or June meeting.

11.2 Senior Center – Linda Olla, Senior Center Manager

- Linda shared that the Center is in the middle of an office renovation – Please be patient.
- Health Expo – Looking for volunteers & tech companies to be vendors.
- Does Commission want to have a table at the Expo? Kathy suggested putting up the Commission Banner and that the Commissioners then volunteer where needed (wearing their badges of course) and not be tied to sitting at one table.

11.COMMISSION COMMENTS

- Commissioner Vaidya brought up she will be doing a presentation in June and would like a staff member with her. Linda Olla asked her to email the information and they would make arrangements to have someone available.
- Commissioner Churchill visited the Union City Commission. They are very encouraging about making a connection with our Commission. She is planning on contacting the Newark Commission next. She suggested that we invite them to come to one of our Commission Meetings.

Adjournment

There being no further business, the meeting was adjourned at 11:08 am.

Respectfully submitted by Lynn R Hood, Recording Secretary